

WAMCLUBS 2024 FITNESS CLASS SCHEDULE

MONDAY

- STRENGTH TRAINING 7AM-8AM LENO|MP
- HATHA YOGA 10:15-11:30AM WHITNEY ZOOM ID 86712980969|WH
- QI GONG 10:30AM-11:30AM ANTON|MP
- AQUA EXERCISE 10:45AM-11:45AMPM EVELYN/JENNIFER|WH

TUESDAY

- SPIN 5:45AM-6:45AM JOLENE|WH
- YOGA VINYASA 7:45AM-8:55AM JOLENE|WH
- CARDIO INTERVAL 9AM-9:55AM HOLLY ZOOM ID 88010973408|WH
- PILATES 9AM-10AM DANA|MP
- OFF THE WALL STRENGTH 10:15AM-11:10AM WHITNEY|MP
- CORE BODY TRAINING 10:15AM-11:10AM HOLLY ZOOM ID 81442350651|WH
- YOGA 5:30PM-6:45PM WHITNEY|MP

WEDNESDAY

- STRENGTH TRAINING 7AM-8AM LENO|MP
- STRENGTH TRAINING 8AM-9AM LENO|MP
- POWER SHOP 8AM-8:55AM JOLENE|WH
- YOGA FOR TENNIS 9AM-10:00AM BETH|MP
- GROOV3 9AM-10AM| KATHY WH
- HATHA YOGA 10:15AM-11:30AM WHITNEY ZOOM ID 86712980969|WH
- BARRE 10:15AM-11:10AM| BETH MP
- AQUA EXERCISE 10:45AM-11:45AM EVELYN/JENNIFER|WH
- HIIT 5:30PM-6PM HOLLY|MP

THURSDAY

- SPIN 5:45AM-6:45AM JOLENE|WH
- YOGA VINYASA 7:45AM-8:55AM JOLENE|WH
- CARDIO INTERVAL 9:15AM-10:10AM HOLLY|WH
- OFF THE WALL STRENGTH 10:15-11:10AM WHITNEY| MP
- CORE BODY TRAINING 10:15-11:10 VANESSA ZOOM ID 81442350651|WH
- YOGA 5:30-6:45PM BETH|MP

FRIDAY

- STRENGTH TRAINING 8AM-9AM STORY|MP
- GENTLE YOGA 10:15AM-11:30AM WHITNEY ZOOM ID 86712980969|WH
- BARRE 10:15AM-11:10AM HOLLY|MP
- AQUA EXERCISE 10:45AM-11:45AM EVELYN/JENNIFER|WH
- HIIT 5:30PM-6PM HOLLY|MP

SATURDAY

- MAT PILATES 8AM-9AM MARCHOND|WH
- DANCE SYNERGY 9AM-10AM MARCHOND|WH

SUNDAY

- YOGA 10:15AM-11:30AM JESS ZOOM ID 86712980969|WH



CLASS KEY

MP: MOUNTAIN PARK
WH: WEST HILLS

IN
PERSON
ONLY

HYBRID:
VIRTUAL &
IN PERSON
PASSWORD:
WAMCLUBS

AQUA EXERCISE

CLASS FOCUSES ON A LOW IMPACT WORKOUT IN A 3D ENVIRONMENT: RESISTANCE, BUOYANCY & WATER PRESSURE

SPIN

A HIGH INTENSITY LOW IMPACT CARDIO VASCULAR WORKOUT. COME READY TO SWEAT & HAVE A GREAT TIME WHILE IMPROVING YOUR HEART AND LUNGS

CARDIO INTERVAL

FOCUSES ON STEP AND FLOOR AEROBICS, INCLUDING INTENSE CARDIO VASCULAR CONDITIONING & COMPOUND STRENGTH TRAINING MOVEMENTS USING FREE WEIGHTS

POWER SHOP

STRENGTHEN & SCULPT YOUR MUSCLES USING THE STEP BENCH AND FREE WEIGHTS

MAT PILATES

THE PRINCIPAL OF PILATE'S FOCUSES ON FLEXIBILITY, BALANCE, CORE STRENGTH & BREATHING.

DANCE SYNERGY

FEATURES INTERVAL TRAINING SESSIONS WHERE FAST & SLOW RHYTHMS COMBINED WITH RESISTANCE TRAINING SCULPT & TONE YOUR BODY WHILE BURNING FAT

CORE BODY TRAINING

FOCUS ON TOTAL BODY STRENGTH TRAINING WITH AN EMPHASIS ON CORE & POSTURE. YOU WILL USE LIGHT DUMBBELLS & BODY WEIGHT MOVEMENTS TO HELP STRENGTHEN YOUR BODY HEAD TO TOE

YOGA

TAP INTO YOUR UNLIMITED POTENTIAL, ACCESS YOUR INNER PEACE; ACHIEVE BALANCE, STRENGTH & FLEXIBILITY THROUGH YOGA POSES

HATHA YOGA

THIS STYLE OF YOGA FOCUSES ON TAKING THE TIME TO DISCOVER THE PROPER ALIGNMENT FOR EACH POSE. ATTENTION IS GIVEN TO BREATHING TECHNIQUE, FORM AND STRENGTH

YOGA VINYASA

THIS FLOW STYLE LINKS TOGETHER STRENGTHENING & STRETCHING POSES. THIS PRACTICE NOT ONLY INCREASES FITNESS LEVELS BUT IMPROVES RANGE OF MOTION AND ALLEVIATES STRESS & TENSION

GENTLE YOGA

THIS STYLE OF YOGA FOCUSES ON THE FOUNDATIONS OF YOGA, OFFERING A WIDER RANGE OF MODIFICATIONS FOR EACH POSE

H.I.I.T

HIGH INTENSITY INTERVAL TRAINING! THIS 30 MINUTE WORKOUT WILL WORK YOUR ENTIRE BODY INCLUDING INTENSE CARDIO VASCULAR EFFORTS

STRENGTH TRAINING

THIS CLASS FOCUSES ON A VARIED WHOLE BODY WORKOUT WHERE YOU WILL EMPHASIZE GOOD FORM & PERFORM FUNCTIONAL QUALITATIVE MOVEMENTS

BARRE

IS DISTINGUISHED FROM OTHER GROUP FITNESS ACTIVITIES BY ITS USE OF THE BALLET BARRE & ITS INCORPORATION OF MOVEMENTS DERIVED FROM BALLET

GROOV3

IS A CARDIO DANCE FITNESS CLASS WHERE YOU WILL LEARN AN EASY-TO-FOLLOW CHOREOGRAPHED ROUTINE EACH WEEK. DANCE, SWEAT, LIVE, A WORKOUT THAT FEELS LIKE A PARTY

YOGA FOR TENNIS

EXPLORE STRENGTH AND RANGE OF MOTION IN THIS CLASS GEARED TOWARDS TENNIS PLAYERS